

To all the volunteers, seniors of the Council on Aging, and the Avon Fish & Game staff, thank you for making this summer the best yet. To the Tolson Family for their generous support of our cookout.

Thanks also to Andrew & Devon from the Middle/High School for all their hard work, and Mr. DJ, Tad Travis, for the great entertainment at our cookout, and to all the staff of the COA and our friends at Town Hall for your help in making our programs so successful.

~ Jane

**BACK BY POPULAR DEMAND!
TAI CHI AND CHAIR YOGA!!!!**

Beginning Wednesday, September 3rd at 9:30 AM, Tai Chi is BACK! Meet the Instructor, Mike Showstack. Mike has been trained in Shaolin Hung Gar Tiger Crane Kung Fu and Yang Tai Chi Chuan for over 25 years. He was the senior student at the Chung Wah Center in North Quincy. During his tenure, he assisted his teacher, Master Yon Lee, at both Harvard and Brandeis Universities. Classes are \$3.00 per class.

Starting on Monday, September 8th at 1:00 PM, Mary Ryan, Yoga Instructor, will be starting weekly CHAIR YOGA at the COA. These classes are \$3.00 per class. Both programs are open to residents and non-residents.

**TRIAD MEETING
September 25, 2014 12:30 PM**

Joe Canavan, Director, Norfolk County Sheriff's Department Presents:

John J. O'Connor, Jr., practicing attorney and retired U.S. Secret Service agent who served his 22-year career for the Service not only providing protective services, but also supervising and investigating a host of financial crimes including counterfeiting, securities fraud, bank fraud and commercial/real estate fraud will offer his expert advice on various aspects of current identity theft scams.

CAREGIVER/FAMILY FORUM

Beverly Moore of "StilMee", the Leader in Alzheimer Coaching is offering a free two-hour workshop entitled "Caregiver/Family Forum" at the Avon Council on Aging on **Thursday, September 11, 2014 from 5:30 PM to 7:30 PM**. The presentation includes an overview of types of dementia, signs of dementia, basics of relating well to persons with dementia, resources and other ways to ease caregiving. There will be time for Q & A at each forum. Moore's coaching practice focuses on easing the caregiving journey for families through education. She is the author of two books on Alzheimer care and a regular columnist for South Shore Senior News. Light refreshments will be served. **Please register for this event by calling the Council on Aging at 508-559-0060.**

LOW VISION GROUP MEETING

Avon COA is hosting a speaker from the Massachusetts Commission for the Blind on Tuesday, September 16, 2014 from 10:00 AM to 11:30 AM. The speaker will discuss MCB services, eligibility, how to register at MCB as well as practical tips for daily life and dealing with low vision. There will be time for questions and answers and discussion. Please register for this event at 508-559-0060. (A sign up will be available after the meeting for those interested in continuing a support group with a speaker's bureau every month.)

SEPTEMBER LUNCH MENU

Join us at the COA Cafe

Tuesdays & Thursdays at 12 NOON

Suggested donation is \$4.00... Special Holiday Luncheons: \$5.00

Tuesday, Sept. 2 nd	Fish Cakes & Beans
Thursday, Sept. 4 th	Stuffed Shells, Salad & Garlic Bread
Tuesday, Sept. 9 th	NO LUNCH – STATE PRIMARY ELECTIONS
Thursday, Sept. 11 th	Meatloaf, Mashed Potato, Gravy & Vegetable
Tuesday, Sept. 16 th	Baked Ham, Macaroni & Cheese, Vegetable
Thursday, Sept. 18 th	Pizza & Salad
Tuesday, Sept. 23 rd	Zit, Broccoli & Chicken Alfredo
Thursday, Sept. 25 th	Polish Kielbasa, Squash Casserole & Vegetable
Tuesday, Sept. 30 th	Tuna Noodle Casserole

Chill out and enjoy a movie at the COA on Wednesday, September 24th. Bring a Brown Bag Lunch! Popcorn & refreshments will be served. Call for movie title a day or so before.



HAPPY BIRTHDAY

	SEPTEMBER
1 st	Marilyn Kirker
6 th	Shirley Brown
	Ruth Russell
8 th	Mary McCoy
12 th	Mary Farrington
16 th	Sonnie Mercuri
19 th	Jerry Szydlowski
21 st	Kathy Velissaris
25 th	Ida Hale
26 th	Leon Olson
27 th	Ann Hughes
30 th	Roger Theil



It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2015: ***it is important to review, understand and save this information.***

During **Medicare Open Enrollment, from October 15th to December 7th**, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs. To make an appointment with a SHINE counselor, call your local senior center **now!** 508-559-0060

Monday	Tuesday	Wednesday	Thursday	Friday
1 LABOR DAY Town-Offices Closed	2 9:30 LINE DANCING 12:00 LUNCH 12:30 CARDS	3 9:30 TAI CHI	4 12:00 LUNCH 12:30 CARDS <u>1:00 SHINE</u>	5 10:00 TAP DANCING
8 Zumba Classes resume 9:30 a.m.	9 9:30 LINE DANCING <u>NO LUNCH – Mass Primary Election Day</u>	10 9:30 TAI CHI 12 NOON MOVIE DAY	11 12:00 LUNCH 12:30 CARDS 5:30 P.M. Family Forum – Dementia / Memory Loss	12 10:00 TAP DANCING <u>1:00 Hearing Exams</u>
15 9:30 ZUMBA GOLD 1:00 CHAIR YOGA	16 9:30 LINE DANCE 10:00 MA Comm. For the Blind Info Seminar 12:00 LUNCH 12:30 CARDS <u>1:00 Ask a Lawyer</u>	17 9:30 TAI CHI	18 12:00 LUNCH 12:30 CARDS <u>12:00 Blood Pressure Clinic</u> Board of Directors Meeting	19 10:00 TAP DANCING
22 9:30 ZUMBA GOLD 1:00 CHAIR YOGA	23 9:30 LINE DANCING 12:00 LUNCH 12:30 CARDS	24 MOVIE DAY NO TAI CHI TODAY	25 12:00 LUNCH 12:00 TRIAD 12:30 CARDS	26 10:00 TAP DANCING
29 9:30 ZUMBA GOLD 1:00 CHAIR YOGA	30 9:30 LINE DANCING 12:00 LUNCH 12:30 CARDS			